

Lowgu talogaley Haweenka iyo Caruurta

Caano

La ogol yahay

- Noo kasta
- Caanaha dufanka yar/ee layareeyay (ka hoobin labeenta, ½%, 1%, 2%)
- Caana oo dhan (Haddii ay ku daabacan tahay warqadda WIC)
- Weeka caaga ah Galaan oo keliya
 - Caanaha loo badalay ciir ahaan (rubuc)
 - Caanaha uumi baxay, nooca bakharka oo keliya (12 ama 13 daasadood oo wiqiyad ah)
 - Aan dufan lahayn, caano qalalan, (3 ama 8 rubuc kartoonka)
 - Caanaha khaaska, nooca iyo intuu leeg yahayba waxaa lagu qorayaa warqadda WIC.



Aan la ogoleyn

- Caanaha la adkeeyey ee lamacaaneeyay
- Caano Soy ah
- Caano wax lagu laaqay
- Caano saafiya
- Caano la buuxiyay
- U dhigma

Ukun

La ogol yahay

- Balaadhan, cad, heer A ama AA (1 darsan oo isku xiran)

Aan la ogoleyn

- Ukuunta uu ku yar yahay subagu
- Ukunta saafiga ah
- Ukunta khaaska ah
- Ukunta ciida u eeg



Looska Subagaka sameysan

La ogol yahay

- Jilicsan, burcad ama caadi ah, nooca istoodhka oo keliya (18 dhalada wiqiyad)

Aan la ogoleyn

- Looska subaga lehlowska lee la ruugo
- Looska Subagiis ku yar yahay
- Looska subaga leh ee ay ku yar tahay cusbadu ama sodhiyamku
- Looska subaga saafiga ah laga sameeyey
- Kan lala mariyo ismariska, malabka ama waxyabaha macaan



Farmaajo La ogol yahay

- Dabiici, mid ka yimid deegaanka, farmaajo cad wax nooca aan lahayn, nooca istoodhka oo keliya, Mareykan, farmaajo, Colby, Colby Jack, Monterey Jack lyo farmaajada Mozzarella (16 wiqiyadood oo ah foormaajada nooca loo yaqaan block

Aan la ogoleyn

- Farmaajada jeex-jeexan, aan ka ahayn nooca ka iman istoodhada gaarka ah ee Mareykanka
 - Lagu daro subaga
 - Farmaajada Deli
 - Raashinka farmaajada leh
 - Farmaajada wax la marsado
 - Noocyada leh farmaajada
 - Farmaajada laga yareeyay kiimikada ka kooban baruurta ku jirta
 - Jeexyada laba laduubo

Digirta qalalan iyo atarka

La ogol yahay

- Digir qalalan oo laysku darey iyo atar, oo ah nooca istoodhka oo keliya (hal bown oo baaga)

Aan la ogoleyn

- Cuntooyinka u baxay sida dabiiciga ah
- Waxyabaha lagu daro ama damcada u yeela

Wuxuu gaar u yahay Haweenka irmaan

Keeroodka La ogol yahay

La ogol yahay

- Daray ah, ay ka midyahay karoodka yar yar ama laqboojiyay, ee jaran nooc kasta (1 ama 2 lb xirmo)

Aan la ogoleyn

- Karoodka saafiga ah
- Dhadhan

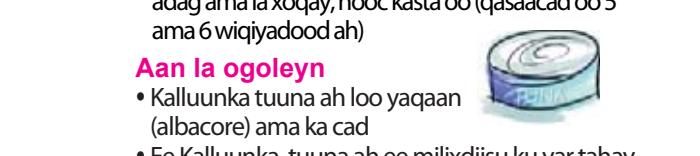
Kalluunka tunada

La ogol yahay

- Mid biyuuhu ku cufan yihiin oo kaliya, waslad, adag ama la xoqay, nooc kasta oo (qasaacad oo 5 ama 6 wiqiyadood ah)

Aan la ogoleyn

- Kalluunka tuuna ah loo yaqaan (albacore) ama ka cad
- Ee Kalluunka tuuna ah ee milixdiisu ku yar tahay ama ay hoosayo



Lowgu talogaley ilmo yar

Cuntada La ogol yahay

Ilmaha yar

- Noocyada ku daabacan warqadda WIC ku, nooca iyo intay leeg tahay ee ku daabacan warqadda WIC

Maxaa loo yareeyay/caanaha dufanku ku yar yahay caruurta da'doodu ka weyn tahay 24 bilood iyo dumarka?

Nafaqo leh leh ilaa 8 wiqiyadood (1 koob) oo caana ah

	Ka hoobinta Caanaha labeenta (0%)	1% Caano	2% Caano	Caanahoo Dhan (3.25%)
Curiye macdan ah, (Kalsiyam)	306 mg	290 mg	285 mg	276 mg
Cabirkha tamarta raashinka	80	100	120	150
Baruur	raadin	2 graam	5 graam	8 graam
Kimiko ka kooban baruur, dhiji jyo waxyabo kale	5 mg	12 mg	20 mg	24 mg

Ilaha: Wasaarada Beeraha Maraykanka Rugta Macluumaadka ee Guud ahaanba lag Tilmaan Qaato

Ma ogtahay...

- Caanaha dufanka yar/ee laga dhimay (waa laga hoobiyay, ½%, 1%, iyo 2%) waxay leeyihiin caafimaad nafaqo leh sida caanaha oodhan, laakiin ka dufan yar kana tamar yar marka loo eego cabirkha tamarta raashinka.
 - Caanuhu, dufan, kasta ha la haadeene waxa laga helaa kalsiyam aad u fican iyo macdan, nafaqadda jirkha dhista, Faytamiinka B, iyo Faytamiinka A iyo D.
 - Kalsiyamka iyo faytamiinka D ee caanaha ku jira waxay kaa caawiyaa inuu adkeeyo lafaha iyo ilkaha iyo caafimaadkooda.
 - Marka laga reebo dadka waawayn iyo caruurta ka weyn 2 jir, caruurta udhexeysa 12-23 bilood waxay ubaahan yihiin dufanka caanaha kujira ama caanaha naaska si ay u kobcaan una horumaraan.
- [Ogaysis] Noocyada istoodhka: waa inuu ahaadaa calaamada istoodhka ama calaamada magaca istoodhka ee loo sameeyay bakharka jumlad ahaan qeybiya.

Missouri Department of Health and Senior Services

WIC and Nutrition Services

P.O. Box 570
Jefferson City, MO 65102-0570
573-751-6204
www.dhss.mo.gov/WIC

(DHSS) waa fursad loo wada siman yahay/shaqo bixiye waafaqsan sharciga.

Gargaarada la bixiyya kuma saleysna wax midabtakoor.

Waqadanu dalaabakad ah waxaad ku heli kartaa siyaabooin kale sida kuwa loogu talo galay qofka curyaanka ahi waa inuu la xariira Wasaaradda Caafimaadka iyo Adeegyadda Dadka waaweyn ee Missouri ee 573-751-6204.

Dadka Maqalka iyo Hadalku ka la'xaad la telafoonkuoodu waa 1-800-735-2966.
Codka 1-800-735-2466.

Missouri

WIC

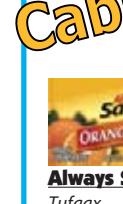
Liiska Raashinka La ogol yahay



Siriylka Qabow

Iskudar iyo noocyoo isku dhigma iyo qiyasahaan, ay kamid tahay qamadiga kulul ee lagu quraacco, ugu badnaan 36 wiqiyadood. Siriylka qabow: 12 wiqiyadood ilaa iyo 36 cabirkha wiqiyadood oo ku jira bac ama gartoon oo nooca la soo ogolaaday

Always Save Best Choice



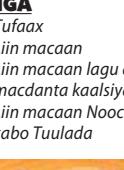
Great Value



Hy-Vee



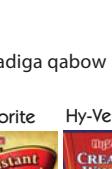
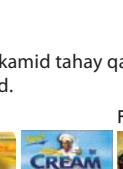
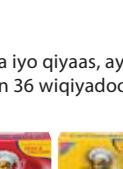
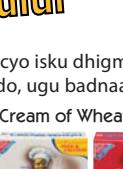
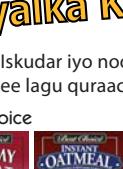
Kroger



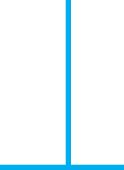
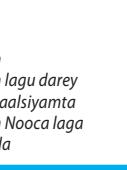
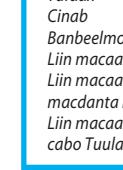
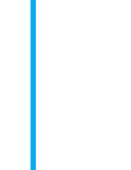
Ralston Foods



Schnucks



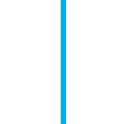
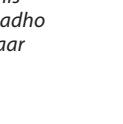
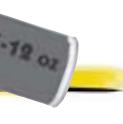
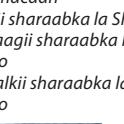
Shurfine



Siriylka Kulul

Iskudar iyo noocyoo isku dhigma iyo qiyasahaan, ay kamid tahay qamadiga qabow ee lagu quraacco, ugu badnaan 36 wiqiyadood.

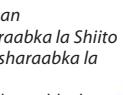
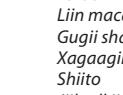
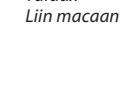
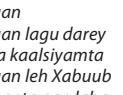
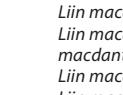
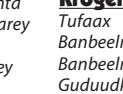
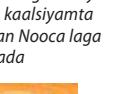
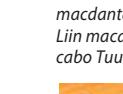
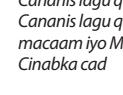
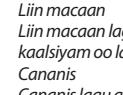
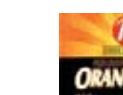
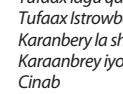
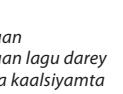
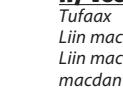
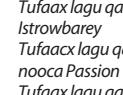
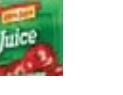
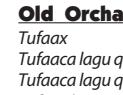
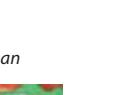
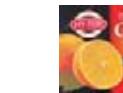
Best Choice



Cabitaan

Cabitaanada la qaso ee la barafeeyey

11.5 – 12 wiqiyadood



Valu Time

